

# Waldorf Waves

December 2017



## Athletic Update:

It was a very successful fall sports season. Both of our girls' volleyball teams (intermediate and varsity) won their divisional championships! Already this year, we had athletes compete in football, tennis, kayaking, volleyball, basketball, paddling, wrestling and soccer. Eli Gr. 12, has recently received player of the week accolades for varsity basketball and Imani Gr. 9, was invited to Maui to compete in the Garner Ivey Invitational wrestling tournament as a freshman.



**Basketball:** Dorthea, Gr. 7. Intermediate combination team with St. Andrew's Priory.



**Tennis:** Raphael, Gr. 11. JV tennis with Maryknoll School.



**Soccer:** #22 Lucca Gr. 8 and #16 Gabi Gr. 7. Intermediate Pac 5 Soccer team.



## **Athlete Spotlight: Mike Furukawa**

"Basketball is one of my favorite pastimes. To be able to compete with others who share my passion for the game is a great experience. The touch of the ball and the sweet sound of the swish is why I play the game. We practice our plays countless times with extreme precision but no matter how hard we train, there will always be a situation that went unaccounted for. Just like in life, anything can and will come up whether you're prepared for it or not. You just have to go with it! For four years, I've played with the toughest and most determined group of guys. Through blood, sweat and tears, we persevered and became closer as a team. Now that my time in high school is coming to an end, I'll miss every moment and every play with each one of my teammates. It's been a privilege and a blessing to play with these guys".

-Mike F.



***"Courage does not always roar. Sometimes it's the quiet voice at the end of the day saying, 'I will try again tomorrow'".***

***-Mary Anne Radmacher***

## Spring Tryout Information

subject to change

**Pac-5 Baseball**-Intermediate, jv and varsity, grades 7-12. Start date is January 29th. Practices are 5 days a week. Coach Paul Ah Yat 808-674-7794. Practice location based on field permit availability.

**Pac-5 Softball**-Intermediate and varsity, grades 7-12. Start date is January 29th at Ala Wai neighborhood park from 4-6pm and are 5 days a week. Come dressed to practice with glove, cleats, water bottle and jacket.

**Pac-5 Track and Field**- Boys and girls intermediate, jv and varsity, grades 7-12. Practices start Feb 5th, 4-6pm MWF practices at Kaimuki High School and T/Th at Kalani High School, 4:30-6pm. Coach Brett Adachi, [jadachi07@gmail.com](mailto:jadachi07@gmail.com).

**Boys Varsity Volleyball**-Grades 9-12. Start date is February 5th. Practices 5 days a week. Combination team with University Lab School. Contact Jana Fraser for more details.

**Boys and Girls Varsity Tennis**- Grades 9-12. Start date is February 5th. Practices are 5 days a week. We are a part of a combination team with Maryknoll and St. Andrew's Priory Schools. Contact Jana Fraser for more information.

**Boys and Girls Golf**-Intermediate and varsity, grades 7-12. Start date is February 12th. Practices are 5 days a week. We are a part of a combined team with Sacred Hearts Academy. Head Coach Nathan Lopez.

**Pac-5 Girls Waterpolo**- Intermediate and varsity, grades 7-12. Practices start February 5th. Practices are 5 days a week. Coach Geoffrey Long, [glong@hawaiiantel.net](mailto:glong@hawaiiantel.net) and Maria Jarrell, [Pac5waterpolo@gmail.com](mailto:Pac5waterpolo@gmail.com).

**Pac -5 Judo**-Boys and girls, intermediate, jv and varsity levels grades 7-12. Practice starts February 5th, 4-6pm at UH Lab School cafeteria. Practices are 5 days a week. Coach Miles Tsubota, [miles\\_24@msn.com](mailto:miles_24@msn.com)

If you are interested in participating in a sport, please contact Jana Fraser, the Athletic Director. The 3 forms that need to be submitted are the 1) sports release, 2) participation and 3) sports physical forms. An additional clearance is needed when trying out for a Pac 5 team.



**Left:** Shout out to our girls (Katherine, Kanani and Dorthea) volleyball varsity and intermediate teams for winning their divisional championships! That's quite an accomplishment.



Jana Fraser, Athletic Director [jfraser@honoluluwaldorf.org](mailto:jfraser@honoluluwaldorf.org)